

Greetings from the SD Diabetes Prevention & Control Program (DPCP) and welcome to the April 29, 2008 edition of the "DPCP FYI". Each FYI is received by over 450 diabetes care professionals in and around South Dakota. If you have trouble with the links, the e-bulletin is also posted on the DPCP website at <http://diabetes.sd.gov>. If you have suggestions for improvement to the FYI or if I can otherwise be of assistance, please let me know. Colette

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#### **MRCDE Spring Call, April 30th-"Topics in Metabolic Syndrome: Therapy Issues for Diabetes Mellitus, Hypertension and Hyperlipidemia"**

The Mount Rushmore Chapter of Diabetes Educators is please to have Dr. Thomas Hansen, endocrinologist from Rapid City, present via audio conference on **April 30th**. Dr. Hanson will share his knowledge and expertise on "Topics in Metabolic Syndrome: Therapy Issues for Diabetes Mellitus, Hypertension and Hyperlipidemia". The presentation will start at 1300 (Central time) with the MRCDE bi-annual business meeting to immediately follow Dr. Hanson's presentation.

Registration is necessary to join this audio conference and availability is limited. If interested in attending the call, contact Mary Haan, RN BS, CDE at (605) 322-8998 or [mary.haan@mckennan.org](mailto:mary.haan@mckennan.org).

#### **"Sodabriety" Healthy Challenge**

Improve your health and have a little fun by participating in the Sodabriety Healthy Challenge! This online challenge encourages decreasing intake of sweetened beverages. Sweetened beverages are the main source of sugar in the American diet and can lead to unwanted weight gain and tooth decay.

The Sodabriety challenge will count water intake and run May 1-31. South Dakotans can participate either on teams or as individuals. Sign-up begins now so get your team together. Sodabriety participants will receive a Healthy SD water bottle to help them drink more water--a healthy, non-sweetened beverage. Be sure to drink other healthy beverages also. Ten randomly selected participants will receive a prize at the end of the challenge. For more information and to sign-up, go to [www.HealthySD.gov](http://www.HealthySD.gov) and click on the "Sodabriety Challenge".

### **Delta Dental of South Dakota-Oral Health Seminar-May 16<sup>th</sup>**

You're invited to learn more about the connections between oral health and general health at a seminar sponsored by Delta Dental of South Dakota. A large and growing body of research suggests that periodontal disease may play a role in a variety of systemic health problems as wide-ranging as diabetes, respiratory illness, pregnancy complications, heart disease and stroke. The link between diabetes and periodontal disease is well-accepted in the medical and dental communities. Studies show that treatment of periodontal disease improves glycemic control in people with diabetes.

The seminar will be presented by Max Anderson, DDS. Dr. Anderson is a nationally known expert on the growing body of evidence linking oral health issues with a number of diseases affecting physical health, and how this connection relates to the future of dental benefits. He is also the CEO of C3 Jian, Inc., a California-based biotech company working on products to help eliminate cavities.

The seminar is being held Friday, **May 16<sup>th</sup>** at Callaway's Events Center, 500 E 69th Street in Sioux Falls. Registration is at 7:45am with breakfast at 8am. The presentation starts at 8:15 and will completed by 9:30. To reserve a place, contact Donna Mullett at (800) 627-3961 or [donna.mullett@deltadentalsd.com](mailto:donna.mullett@deltadentalsd.com) and identify yourself as a diabetes practitioner.

### **KEEP Screening-May 16<sup>th</sup>**

A KEEP (Kidney Early Evaluation Program) Screening is being held **May 16<sup>th</sup>** from 3-7pm in the JC Penney wing of the Empire Mall in Sioux Falls. The National Kidney Foundation is offering this free comprehensive screening to anyone with diabetes, high blood pressure or history of kidney disease in your family. Further information about KEEP available at [www.kidney.org/news/keep/index.cfm](http://www.kidney.org/news/keep/index.cfm). Call (800) 596-7943 for more information and eligibility.

### **University of Alabama Birmingham's *Pediatric Update* Satellite Conference-June 4, 2008, 12:00-4:00 (Central Time)**

The SD Department of Health is again downlinking the **June 4<sup>th</sup>** University of Alabama Birmingham's *Pediatric Update* to 10 sites (Aberdeen, Brookings, Madison, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, and Watertown) in SD. This year's theme is "Assessment, Treatment and Environmental Factors that Impact Childhood Obesity". Presentations will include: Assessment of the Overweight/Obese Child; Intervention/Treatments That Work; Sleep & Obesity in Pediatrics; and Food Marketing to Children. The live satellite conference is designed for health professionals. There is no charge but registration is needed to assure space and materials. The registration forms (due by May 20th) are available at <http://www.healthysd.gov/HealthProfs.html>.

### **2007 Kidney Walk-June 14<sup>th</sup>**

Join Jim Abbott-kidney donor, USD President, and National Kidney Foundation Kidney Walk Chairman and his kidney recipient, Bruce King, Vice President of Academic Affairs at USD, for the 2008 Kidney Walk on June 14<sup>th</sup> at Sioux Falls Stadium (Home of the Canaries). Join a team, walk individually or bring a team from the office to help raise pledges for the National Kidney Foundation programs and services. Fun for the whole family! For more information call (605) 322-7025 or email [dakotasinfo@kidney.org](mailto:dakotasinfo@kidney.org). Sign up today at <http://walk.kidney.org/dakotas>.

**Congratulations! SD Has Best Flu Shot Rate for People with Diabetes**

According to the US Department of Health and Human Services Agency for Healthcare Research and Policy's *2007 National Healthcare Quality Report*, South Dakota had the highest percentage of high-risk adults with diabetes who had received a flu shot in the past year-56%. The worst rate was 25.2% and the all-state average was 36.3%. It's the hard work of healthcare professionals combined with informed, proactive clients that allow South Dakota to reach this high rate on such an important preventive service. Congratulations! The full report is available at <http://www.ahrq.gov/qual/nhqr07/nhqr07.pdf>.

***Recommendations for Management of Diabetes in South Dakota Guidelines Released***

The SD Diabetes Prevention & Control Program, the SD Foundation for Medical Care, and numerous providers have collaborated to produce the *Recommendations for Management of Diabetes in South Dakota*. These recommendations utilize current research and evidence-based practices and are meant to serve as a guide to providing appropriate care and treatment to people at-risk-for and with diabetes. Providers are encouraged to adapt the recommendations to provide individualized, culturally sensitive care to all patients for optimal health outcomes and to provide consistency in the treatment and prevention of the long-term complications of diabetes.

The recommendations were developed as part of a statewide initiative to improve the health care of people with diabetes, and are consistent with the *South Dakota Diabetes State Plan 2007-2009*. The *Recommendations* and *Plan* are available at <http://diabetes.sd.gov>.

To request a hard copy of the Recommendations, send your contact information to [colette.hesla@state.sd.us](mailto:colette.hesla@state.sd.us).

If you have received this issue from a colleague and you'd like to subscribe or to unsubscribe, contact Colette at the email below.

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